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Nebraska Family and Consumer Sciences

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FACS Teacher Spotlight: Krystal Kolb, Omaha Bryan

Why did you choose to go in to FACS Education? I was a hard-core Gage County 4-Her in two different clubs since I was 7. One club was focused on the cows & horses, the other was for the baking, sewing/fashion, demonstrations and interior design. When I took my first "Home Economics" class in the 7th grade at DeWitt Tri-County, I knew I found my niche. By the time I was in the 9th grade, I knew I wanted to be a FACS Teacher. Thanks to a super great Jr./Sr. High School teacher and mentor, Barbara Swarthout, I was provided tons of, experiences, techniques and exposure to scopes & sequences (typed on a manual typewriter, thank you very much!) at the high school level. I wanted to be Mrs. Swarthout when I grew up!

What has been the biggest struggle for you? In a way, growing up in a smaller district, but teaching in the state's largest district. I made a conscious decision to work in a large school district because when I graduated from Kearney State in 1988, it was during the farm crisis, people were losing their farms and smaller school districts were closing their FACS programs. I wanted to be in a district where that wasn't as much of a possibility. I had done my student teaching at Lincoln Southeast, but let's just

say that I wasn't prepared for how something like red and blue construction paper could cause a classroom ruckus between differing factions of students or that a student would be in jail, hospitalized or dead the next due to street violence. Once again, I was lucky enough to have a strong mentor in Dr. Gloria McGrath Aden, OPS FCS Curriculum Supervisor, and a hugely supportive group of Bryan High veteran teachers and Administrators that were available for pep talks, hand wringing, and teaching wisdom. When I look back over the years, the trial by fire was worth it. Now, when kids try to get all tough I generally just start laughing.....seriously, my students now are nothing like those from the late 80's-early 90's!

If FACS teachers in the state could do one thing to help a new teacher, what would it be Be a mentor! But, new FACS teachers, here's what you can do for yourself: Be assertive, be out there in the community and Ask, Ask, Ask!!! Don't be afraid to take the initiative and reach out to other teachers, regardless of their teaching area. FACS is cross-curricular. Find out what core content teachers are doing and then support/reference those concepts in your classes or



Mission

Nebraska Family and Consumer Sciences integrates family and career readiness with technical skill instruction within a critical science perspective. As a result, our students are empowered to navigate the challenges of living and working in diverse communities, while striving for a high quality of life.

better yet, team-teach! Take advantage of the curriculum opportunities offered by the NDE and see what free or inexpensive workshops your community offers. In addition to being great learning experiences, they also may provide classroom resources and networking possibilities. Know your school—don't just live in your room(s), learn the layout of the building, talk to the custodians, be visible at events, learn your school's history and be a part of its future. Be confident, but realize that if you don't speak up, people may not see your struggle. **Ask, Ask, Ask!!**

Thank you Krystal for your work for Nebraska Family and Consumer Sciences!

"We can't help everyone but everyone can help someone."
-Ronald Reagan

Call to Action

Interested in mentoring new teachers?!? I am working on putting together a formalized mentoring opportunity for FACS teachers in Nebraska and would love to hear from you! Please email thoughts or interests to alli-son.kreifels@nebraska.gov

CSO Spotlight

FCCLA

Join us next week as we celebrate FCCLA Week! Set your DVRs to record the Today Show on Monday, February 10 as our own Nebraska student and National Officer Sarah Smith is featured!